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LOVE CAN BE A FUNNY THING ...

SPL WRITER-IN-RESIDENCE ROSEMARY NIXON EXPLORES THE LIGHTER SIDE OF TRYING TO FIND LOVE AND BE LUCKY IN HER NEW NOVEL PAGE 3

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TRAGEDY ON THE TRACKS

A bus passenger carries a child following a collision between a VIA Rail train and a city bus in Ottawa's west end Wednesday that left six people dead and more than 30 others injured. Story, page 6.

ADRIAN WYLD/THE CANADIAN PRESS

Simon stoked for Lions matchup

West Division rivals. Riders slotback prepares to face his former team while chasing all-time receptions record

MARCO VIGLIOTTI
Metro in Regina

He'll reach for the all-time record against the team that helped him get this far.

For the first time in more than a decade, future Hall of Fame slotback Geroy Simon will line up on the opposing side of the field from the B.C. Lions when they face the Saskatchewan Roughriders on Sunday at Mosaic Stadium.

Going into the game, Simon is only six catches away from capturing the Canadian Football League's all-time receptions record held by former Montreal Alouettes great Ben Cahoon.

"Honestly, I thought I would have broken the record a lot earlier, (though) I never really worried about it. I knew the time would come eventually," Simon told reporters on Wednesday.

"I haven't really been thinking about that much. Obviously, I get questioned about it every day."

He added, though, that he's excited to take the field against the Lions.

"I get to see some guys who I haven't seen in a long time. But as clichéd as it sounds, I have to treat this as any other game once the game gets going," he said.

Familiar faces

"I'll be excited and ready for this game, just because I'm playing against guys who I practised against for the last 10, 12 years." Riders slotback Geroy Simon

The former face of the Lions franchise, the 38-year-old Simon was traded from B.C. to the Roughriders this past off-season — despite a storied career that has placed the University of Maryland product among the CFL's greatest all-time offensive talents.

"It's everything that I expected and more," Simon added of his move to Saskatchewan.

"It's worked out very well for me and my family. I couldn't have asked for a better situation."

Following his 12 years in hockey-mad Vancouver, Simon said he relishes the opportunity to play in a province "where football is king." And he praises Riders fans for their friendliness and restraint.

"Every person I've met here is a Rider fan, and they know everything about the Riders," he said. "People know you here, but it's not like they're rushing (at you) every day. People give you your space.

"This is one of the warmest places I've ever been — it's been an amazing experience."

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Corolla S shown.
TOYOTA
toyota.ca

Deschambault Lake

Annual shooting of stray dogs called off

A dog cull planned for a community in northern Saskatchewan has been temporarily called off.

The shooting of stray dogs is an annual event at the community of Deschambault Lake, which is part of the Peter Ballantyne Cree nation.

Band councillor Cornelius Ballantyne says the cull was called off because some people outside the community say it shouldn't happen.

He says the stray dogs accumulate in packs and can be quite aggressive.

The band is now exploring other alternatives, such as dog control bylaws.

THE CANADIAN PRESS/CJME

Whitecap Dakota

RCMP hunt for man who allegedly stole from First Nation

RCMP are looking for a man after a large sum of money was stolen from the Whitecap Dakota First Nation.

Officials with the band say more than $1 million was taken.

Hugo Gallegos of Saskatoon faces a charge of theft over $5,000.

Police have issued a Canada-wide warrant for his arrest. Investigators believe he may have left Canada and returned to his native El Salvador.

Gallegos used to work in the First Nation's accounting department and police say more charges are expected.

THE CANADIAN PRESS/CKOM

Hugo Gallegos
COURTESY RCMP

Saskatchewan author's new book 'funny and raunchy'

Rosemary Nixon. Local writer, now based in Calgary, focused latest tome on divorcees looking for love ... again

JACOB MORGAN
saskatoon@metronews.ca

After writing Kalila, a sad and beautiful book about an ill baby, Rosemary Nixon felt the need to explore the lighter side of love.

Nixon's latest novel, Are You Ready to be Lucky?, was released at the end of August and the official launch took place Wednesday night at the Saskatoon Public Library, where she is serving as the writer in residence.

"It's very funny and raunchy," Nixon told Metro before the event. "It's got people who have been divorced once, twice or three times, and they're all trying to find love and be lucky."

However, she said the story still manages to be layered and complex while retaining this humorous tone.

"People who read it say it's got power and depth, but it's also a delight to read," she said.

The story centres on the protagonist Roslyn, who has different relationships floating in and out of her life, and is written from the perspective of all these various characters.

At first, Nixon said, she thought the different viewpoints would make for good short stories. But it all started to flow naturally into a cohesive piece.

"In any powerful writing, the form emulates the content," she said. "The structure is a very emotional part of a book, almost like a character itself, so this is the form that I felt it had to be."

Although Nixon lives in Calgary, she has travelled from Europe to Africa and is originally from Saskatchewan.

She said it's thrilling to see the success of the new novel, all while holding an exciting position back in her home province.

"I'm ready to be lucky," said Nixon.

Rosemary Nixon holds up her book, Are You Ready to be Lucky?, prior to the official launch on Wednesday at the Saskatoon Public Library. JACOB MORGAN/METRO

Dutch Growers boutique showcases local talent

Fall collections. Four fashion designers will premiere items Thursday night at the Dutch Growers Greenhouse

JACOB MORGAN
jacob.morgan@metronews.ca

Local designers will get a chance to show off pieces from their fall collections Thursday night as the annual Choc'laCure Fashion Show gets underway.

This year the Dutch Growers Fashion boutique has increased the scope of its show through a partnership with the Saskatoon Fashion and Design Festival (SFDS).

"I have the same vision as they do about growing fashion in Saskatoon, and that's really what SFDS is all about," said Pamela van Duyvendyk, co-owner of Dutch Growers.

She added that connecting with SFDS allowed the shop to bring in some exciting designers who have roots in the city.

"I want it to be more than just Dutch Growers fashion — I want it to be more of a community event," said van Duyvendyk.

Jacqueline Conway, marketing director for the SFDS, said the shop handpicked four individuals to represent a desired image.

"The designers were specifically chosen by Dutch Growers, keeping in line with their brand and target market," said Conway. "These were the particular designers and brands they thought would speak to their audience."

One of the designers featured in the show is Sherri Hrycay, who specializes in hats as well as clothes. Hrycay said she has participated in many shows in Canada and is excited to be a part of the upcoming event.

"Right now I'm totally on a '40s vibe so that's what you're going to get a sneak peak at during the Dutch Growers show," she said.

Tickets are $40 for the front row and $25 for general seating, with all the proceeds going to the Choc'laCure fundraiser in support of the Saskatoon Cancer Centre.

General seating

$25

Tickets are $40 for the front row and $25 for general seating.

Sherri Hrycay, owner of Sova Design, at her shop in downtown Saskatoon. She will be participating in the Choc'laCure Fashion Show Thursday night. JACOB MORGAN/METRO

Bevin Bradley, co-owner of the Stall Gallery, poses with paintings by local artist Crystal Rassi at the gallery's Two Twenty location. Rassi, along with local artist Tyson Atkings, will be featured in Stall's Park(ing) Day pop-up gallery this Friday. MORGAN MODJESKI/METRO

Saskatoon's parking stalls transforming for Park(ing) Day

Poetry, yoga and art are not words usually associated with Saskatoon's parking stalls.

However, this Friday, more than 30 of the city's parking spaces will be occupied by musicians, artists and a number of organizations for Saskatoon's second annual Park(ing) Day.

"We're physically showing what we can do with our streets in Saskatoon," Mandy Pravda, Park(ing) Day organizer, said in a phone interview.

"It's a really good opportunity for the community itself to come together and build, basically for a day, the sustainable community that we would like to see."

While a number of event participants are young professionals, Park(ing) Day is also about Saskatoon youth, as organizers have invited students from the Greater Saskatoon Catholic Schools and Saskatoon Public Schools to attend the event.

"It's our children that we need to influence to make a difference in the future," Pravda said, noting they have children's booklets kids can use to record their Park(ing) Day experience.

One of the many organizations participating in Friday's event is the Stall Gallery. Hosting a pop-up gallery featuring two local artists, owners say the event fits their mandate of bringing art to the people.

"Park(ing) Day is just another chance to bring people in and have a chance for them to interact with the art, without having to be in an art-gallery environment," said Bevin Bradley, co-owner of the Stall Gallery in an interview.

"More importantly — or as importantly — being part of Park(ing) Day is to be part of a change or a possible change within the city and artists have always been on the forefront of change and re-visioning."

How it all began

Park(ing) Day was started in 2005 after a group of artists in San Francisco turned a single parking stall into a temporary park.

- Now, the event is celebrated worldwide with Saskatoon holding its first Park(ing) Day in 2012.

Park(ing) Day runs from 10 a.m. to 8 p.m. on Friday and takes place on 20th Street West. MORGAN MODJESKI/METRO

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COAST TO COAST

Blake Loates, an Edmonton photographer whose sister is developmentally disabled, was shocked to see the words "you retard" stamped on the underside of a Vitamin Water bottle cap. LUCY HAINES/FOR METRO IN EDMONTON

Coca-Cola apologizes for 'you retard' cap

'Shocked.' Edmonton woman, whose sister is developmentally disabled, discovers 'R-word' on bottle of Vitamin Water

Coca-Cola apologized Wednesday to the family of an Alberta woman who was shocked to unscrew a bottle of the company's Vitamin Water and find the words "you retard" printed inside the cap.

Edmonton-based photographer Blake Loates said she and her husband discovered the cap while out for dinner on Tuesday night.

"We were both pretty shocked," she said.

What makes the situation even more upsetting to Loates is that her younger sister Fiona is living with cerebral palsy and autism, and Loates was taught that the "R-word" is completely unacceptable.

"The R-word is just something we don't say in my family," said Loates. "My dad is quite upset and is on a rampage."

Her father, Doug Loates, who lives in Tacoma, Wash. with twin 11-year-old daughters Fiona and Maddi, stayed up all night writing letters to Coca-Cola, looking for an explanation for the offensive cap.

"I am astonished that a major corporation could allow someone to tarnish their brand," he said. "Not everyone in Canada speaks French — like my daughter Blake."

The caps are part of a promotion, displaying a random English word followed by a random French word. "Retard" in French means lateness or delay.

Since the issue was brought to Coca-Cola, the company has been in touch with the Loates family to offer an apology.

"We did not mean to offend at all," said Shannon Denny, director of brand communications for Coca-Cola Refreshment Canada. "We are certainly very apologetic for this oversight."

While Denny said the words were reviewed before going out to store shelves, they were reviewed in their French context, not in both French and English.

The process of matching the English and French words is supposed to be completely random, according to Denny, and the chances of those two words being paired together was slim.

David Thomson, vice-president of still beverages for Coca-Cola, said the remaining caps in their facilities have now been destroyed.

Quoted

"The R-word is just something we don't say in my family. My dad is quite upset and is on a rampage."

Blake Loates, an Edmonton photographer, who discovered the words "you retard" under the cap of a bottle of Vitamin Water.

"We have learned from this and it was a mistake," he said. "At no point in time did we intend on offending anyone by any stretch, and we have cancelled and moved on and have dealt with this as soon as possible."

Thomson said he will be drafting a formal apology letter to the Loates family that will also detail the course of action they will take to correct the situation.

CANDICE WARD/ FOR METRO IN EDMONTON

Rehtaeh Parsons dating ad pulled from Facebook

The use of photos of Rehtaeh Parsons in online dating ads posted on Facebook is upsetting but ultimately an inevitable reality of social media, an expert in Internet and privacy law said Wednesday.

Prof. Robert Currie of Dalhousie University in Halifax said companies are increasingly using automated programs that rip photos from websites, and it was only a matter of time before the now-ubiquitous image of the 17-year-old girl wound up somewhere it shouldn't have.

"This is how technology works and it's another example of how little control anyone has over any image once it gets out into the Internet sphere," said Currie.

"It really seems to me to be an unfortunate accident that is causing a lot of grief and heartbreak to the Parsons family and others who loved this girl and who were disturbed by this case. But it's just the kind of thing that is going to happen."

The ads for ionechat.com featured pictures of Parsons under the heading, "Find Love in Canada! Meet Canadian girls and women for friendship, dating or relationships."

A woman holds a photo as hundreds attend a community vigil to remember Rehtaeh Parsons in Halifax in April. Facebook apologized Tuesday for featuring an ad for a dating website that used a picture of Parsons, the 17-year-old Nova Scotia girl who died after attempting suicide. ANDREW VAUGHAN/THE CANADIAN PRESS

Parsons hanged herself in April and was taken off life support days later. Her family says her death was brought on by months of bullying following an alleged sexual assault.

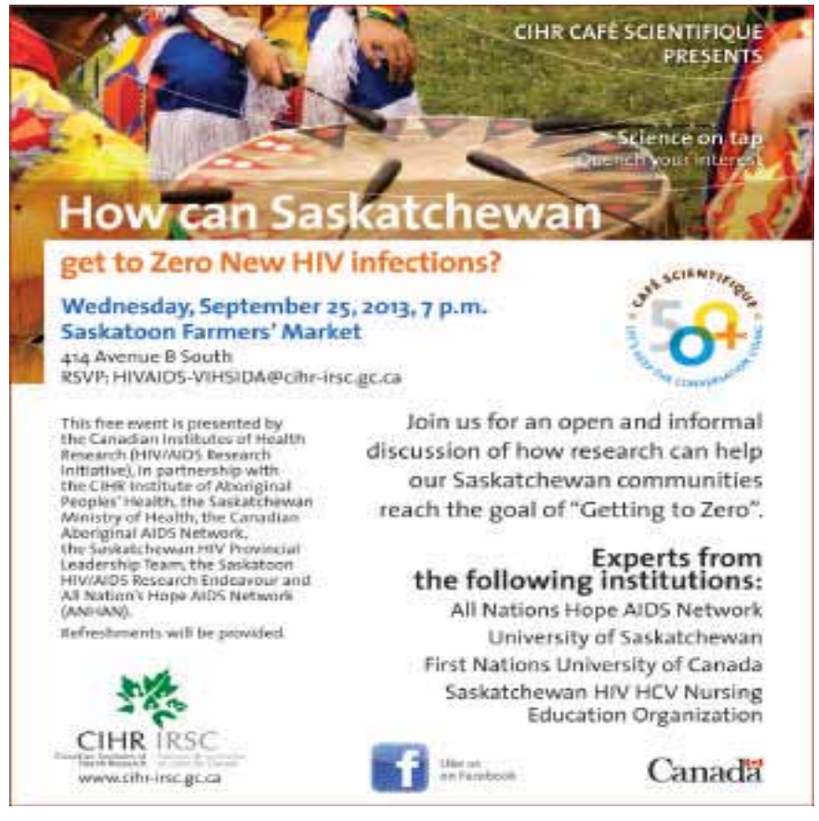
The administrator of ionechat.com, Anh Dung, said the photos used in the ads were a mistake and taken randomly from Google by a so-called image scraper.

"I'm a foreigner, so I didn't even know her name and the story ... so I didn't know it was the victim's photo," Dung wrote in an email.

"I feel so guilty, I sincerely apologize," he continued. "I'm so stressed right now."

Facebook apologized for the ads, saying they were a "gross violation" of the company's policies and have been removed. It also said ionechat.com has been banned from advertising on its website.

THE CANADIAN PRESS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Refreshments will be provided.
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A VIA Rail train and a city bus collided in Ottawa's west end on Wednesday. A police spokesman said officers responded to the call at 8:48 a.m. TERRY PEDWELL/THE CANADIAN PRESS

Passengers watch in horror as bus barrels into train

Ottawa. Impact kills driver, five passengers as witnesses look on in pure disbelief

Passengers aboard a double-decker bus screamed "Stop! Stop!" as the driver plowed through a flashing level crossing and into a passing VIA Rail train Wednesday morning, killing at least six people and injuring many more.

The horrific collision sheared off the front of the bus and knocked the VIA locomotive and one of four passenger cars off the tracks.

Police confirmed six dead, while several area hospitals were flooded by 31 patients, including 11 in critical condition.

"People started screaming, 'Stop, stop!' because they could see the train coming down the track," said student Tanner Trepanier, who was on the upper level of the new, double-decker OC Transpo bus.

"There was a lot of screaming, but then people were actually relatively calm, considering the situation," Trepanier said of the aftermath.

"He must have lost his brakes," said Pascal Lolgis, who saw the bus go through the barrier. "Or he had an ... attack or whatever.... He just didn't stop."

"I was just looking around, just watching things happen," said another witness, Mark Cogan, who agreed the barrier was down.

"I just thought maybe there's a side way around or something, but instantly ... he went through the guard rail and just hammered the train and then it was just mayhem."

Ottawa police spokesman Marc Soucy said officers responded at 8:48 a.m. Rescue crews swarmed over the mangled wreckage as ambulances, fire trucks and police vehicles flooded the scene.

The injured passengers who could walk were taken to a second bus on the opposite side of the tracks to be treated.

The accident occurred just outside a suburban VIA station in the west end. The train tracks in the area cross both a major city street and a transit line reserved for buses only.

At a press conference, Mayor Jim Watson summed up the shock of the crash and its effect on the community.

"The sorrow that we all feel is deep and I'm sure shared by all residents of Ottawa, and in fact all of Canada," he said.

JOE LOFARO, GRAHAM LANKTREE, SEAN MCKIBBON, STEVE COLLINS/METRO IN OTTAWA, WITH FILES FROM THE CANADIAN PRESS

Unforeseen disaster

"We've lost six of our neighbours, people who started off this ... sunny day as we all did, heading from their homes and loved ones to go about their daily lives."

Ottawa Mayor Jim Watson, in a Wednesday afternoon press conference

A woman holds her head while sitting on a bus brought in for people who were involved in the collision. ADRIAN WYLD/THE CANADIAN PRESS

Sixth victim

Bus driver a 'very nice guy'

As family and friends mourn the death of five passengers, a Gloucester family is grieving the sixth victim: bus driver Dave Woodard.

People who know the family said the driver's relatives were traumatized by the news.

Reached by phone, a neighbour expressed disbelief that Woodard was behind the wheel.

"He was a very nice guy," said the woman, who didn't want her name published.

"I was just speaking with him yesterday and it just blew me away when I heard he was the driver."

Woodard had 10 years of experience as an OC Transpo bus driver.

"He was a great neighbour," she said.

"Very personable, would talk to anybody. I'm sure he would give you the shirt off his back if he could."

JOE LOFARO/METRO IN OTTAWA

Investigation

Piecing the facts together

Transit officials gathered evidence and began to piece together what led to the collision Wednesday.

Glen Pilon, lead investigator for the Transportation Safety Board of Canada, said recording equipment could detail the speed the vehicles were travelling, whether they braked before impact and whether they were working properly to determine what caused the crash.

Passenger Gregory Mech was on the second level of the bus and described the impact that killed driver Dave Woodard and five passengers.

"My personal assessment was that he did not brake. Others said he broke a second before impact," he said.

"We were all thrown forward," he said, "but as the train was going through the crossing it was still moving forward.... We had a left-right shake."

Mech added that an 80- to 90-degree turn in the road before the rail crossing may have been a contributing factor.

"You don't see the crossing until you complete the curve," he said.

GRAHAM LANKTREE/METRO IN OTTAWA

France's pretty little girls may be denied a stage

Move to ban beauty pageants for children. After all, there are no mini-Mr. contests, lawmaker says

France's Senate has voted to ban beauty pageants for children under 16, in an effort to protect girls from being sexualized too early.

Anyone who enters a child into such a contest would face up to two years in prison and 30,000 euros in fines. A pageant organizer lamented that the move was too severe.

The Senate approved the measure 197-146 overnight, as an amendment to a law on women's rights. The legislation must go to the lower house of parliament for further debate and another vote.

"At this age, you need to concentrate on acquiring knowledge. Yet with mini-Miss competitions and other demonstrations, we are fixing the projectors on their physical appearance," said conservative lawmaker Chantal Jouanno, who authored the amendment.

THE ASSOCIATED PRESS

Oceane Scharre, 10, elected Mini Miss France 2011, is seen with Miss France 2011 Mathilde Florin. France's Senate voted Tuesday to ban beauty pageants for children under 16. MINI MISS COMMITTEE/THE ASSOCIATED PRESS/FILE

Clever pickpockets

Going incognito with fanny packs, comfy shoes and digital SLRs

French police have arrested a gang of pickpockets who dressed like tourists in order to target visitors to Paris' most famous museums and monuments.

The group was sophisticated, dangling cameras from their necks to blend in, always buying entry tickets and slipping away unnoticed. They operated at the Louvre, the Musee d'Orsay, the Eiffel Tower and the Chateau de Versailles, bringing in as much as $2,700 per day by grabbing the wallets of tourists, according to Commissioner Stephane Gouaud. THE ASSOCIATED PRES

Britain. Pragmatic ruling brings compromise to heated religious debate

In Britain this week, a judge struck a blow for religious freedom. Or for secularism. It depends on whom you ask.

Judge Peter Murphy ruled that a female Muslim defendant may stand trial wearing a face-covering veil — but must remove it when giving evidence. The compromise ruling had some insisting it backs a woman's religious right to wear the veil, and others saying it shows British justice remains independent and won't bow to religious demands.

The case has reignited a debate about Muslim veils that has flared across Europe, sparking protests and exacerbating religious tensions in several countries. Those tensions exist in Britain, too, and attacks on Muslims and mosques rose after the May slaying of an off-duty British soldier by Islamist extremists.

THE ASSOCIATED PRESS

Veiled mannequins at a Muslim World Fair exhibition in Le Bourget, France. THE ASSOCIATED PRESS/FILE

Thank you!

Thank you to the **Hollandia Gremio U12 Boys** and the **Saskatoon** community for your support and passion behind the 2013 BMO Team of the Week program. Through their dedication and commitment, the **Hollandia Gremio U12 Boys** were selected as one of 15 BMO Team of the Week finalists across Canada.

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Egypt. Ousted leader tells family he's in good health in first talk since detention

Egypt's ousted president, Mohammed Morsi, told his wife and children he is in good health in his first conversation with his family since the military removed him from office and detained him in a secret location more than two months ago, one of his lawyers said Wednesday.

The phone calls were an apparent gesture by the military as authorities prepare to put Morsi on trial on charges of inciting the killing of protesters during his year in office — though no date for the trial has been set. Morsi's legal team has so far not been able to talk to him, said the lawyer, Mostafa Atteyah.

The trial of Egypt's first freely elected president is one link in a wide-scale crackdown on his Muslim Brotherhood that has eviscerated its leadership and much of its crucial mid-level organizers. More than 2,000 jailed Brotherhood members are facing potential prosecution in multiple cases.

Members of the Brotherhood's legal team say the process so far has been confused and opaque, with their lawyers given little access to their clients or knowledge of the cases against them. Atteyah said they have not been able to attend Morsi's questioning and have not been shown the prosecutors' final case referring Morsi to trial.

The Islamist leader has been held almost completely incommunicado in an undisclosed facility since the head of the military ousted him on July 3 in the wake of mass nationwide protests against him.

THE ASSOCIATED PRESS

Mohammed Morsi

SEAN GALLUP/GETTY IMAGES FILE

The charge

Morsi and more than a dozen co-defendants are to be tried for incitement over deadly violence at a massive anti-Morsi rally outside his palace in December.

Australia

Lawyer confirms mom who drowned kids killed herself

A woman who drowned her two children in a bathtub in rural Alberta three years ago was still fragile and depressed when she killed herself earlier this week in Australia, says her lawyer.

Peter Royal said Allyson McConnell's mother phoned him early Wednesday to tell him about the suicide and factors that possibly contributed to her desperate state.

She had attended the christening of a friend's new baby a few days before the body of a 35-year-old woman believed to be McConnell was found at the bottom of a bridge in West Gosford, north of Sydney.

Royal said McConnell became emotional and despondent after the baby's church service.

"I guess it brought back thoughts of her own children's christenings."

He added that he's positive the dead woman is McConnell because her identification was found with the body.

THE CANADIAN PRESS

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Gunman visited hospital ER weeks before rampage

Navy Yard shooting. Aaron Alexis wasn't stripped of security clearance despite mental illness

The Washington Navy Yard gunman visited two hospitals in the weeks before the rampage but did not say he was depressed or having thoughts of harming himself or others, the Veterans Affairs Department said Wednesday.

Aaron Alexis, a former Navy reservist who killed 12 people Monday before being slain in a police shootout, complained of insomnia during an Aug. 23 emergency room visit at the VA Medical Center in Providence, R.I. He was given sleep medication and was advised to follow up with a doctor.

He made a similar visit five days later to the VA hospital in Washington, when he again complained of not being able to sleep because of his schedule. His medication was refilled.

Law enforcement officials have said the 34-year-old man was grappling with paranoia, hearing voices and convinced he was being followed.

Two weeks before his ER visit, he complained to police in Rhode Island that people were talking to him through the walls of his hotel room and sending microwave vibrations into his body to deprive him of sleep. Newport police alerted the naval station, and they did not hear from him again.

Meanwhile, Alexis's mother said Wednesday she does not know why her son opened fire at the Navy Yard.

"Aaron is now in a place where he can no longer do harm to anyone, and for that I am glad," Cathleen Alexis said. "To the families of the victims, I am so so very sorry that this has happened. My heart is broken."

THE ASSOCIATED PRESS

Melinda Downs sheds tears as she speaks about her friendship with Aaron Alexis during an interview Tuesday in Fort Worth, Texas. LM OTERO/THE ASSOCIATED PRESS

Murder weapon

On Saturday, Alexis visited Sharpshooters Small Arms Range in Lorton, Va.

- He tried to buy a handgun, but federal law prevented him from doing so because he had an out-of-state ID, the store's attorney said.
- He then bought a shotgun and 24 shells. The law allows stores to sell shotguns and rifles to out-of-state buyers.
- Two days later, as the work week dawned, Alexis entered the sprawling Washington Navy Yard. He was equipped with his pass for base access — and the shotgun.

Keystone, climate change take centre stage in U.S. capital

U.S. President Barack Obama's sweeping climate agenda was in the spotlight on Capitol Hill on Wednesday as his two newly appointed environmental czars chided those who doubt the existence of climate change as congressional wrangling over TransCanada's Keystone XL pipeline raged on.

"The evidence is overwhelming, the science is clear," Energy Secretary Ernest Moniz told a hearing of the energy and commerce committee at the House of Representatives, where a slate of Republican legislators remain skeptical about climate change.

Questions from lawmakers to Moniz and his colleague, Gina McCarthy, head of the powerful Environmental Protection Agency, focused on upcoming greenhouse gas emissions standards for existing power plants — regulations that opponents say will have a devastating economic impact on coal-producing states.

"Man-made problems only represent four per cent of all the emissions of the globe; natural issues represent 96 per cent," said an indignant David McKinley, a Republican from the coal state of West Virginia.

"The administration is putting our nation at risk.... This president must not prevent people ... from obtaining affordable energy and dependable jobs."

Henry Waxman, a member of the House committee, interjected to call McKinley's remarks "incredibly inaccurate and contrary to everything else that people in the scientific community have to say."

Outside the hearing, Eric Cantor, the majority leader of the House of Representatives, said that Republicans plan to advance Keystone XL by inserting a resolution into legislation to raise the U.S. debt ceiling — the latest attempt to force the White House into green-lighting the project by attaching pro-pipeline language to bigger bills. THE CANADIAN PRESS

Republican agenda

"In the coming week, we will unveil a plan to extend our nation's ability to borrow, while delaying Obamacare and protecting working middle-class families from its horrific effects" House majority leader Eric Cantor

Road trip through beautiful ... N. Korea?

Historic ride.
Motorcyclist Gareth Morgan and four others journeyed through the reclusive nation and were treated like royalty

KIERON MONKS
Metro World News in London

Motorcyclist Gareth Morgan deals with North Korean security. COURTESY WORLDBYBIKE.COM

The team at Mount Paektu, North Korea's most famous mountain.
COURTESY WORLDBYBIKE.COM

Best known for gulags, dictatorship and secrecy, the "Hermit Kingdom" is not an obvious choice for a road trip. But those warning signs served as motivation for New Zealander Gareth Morgan, who has completed the first pan-Korean motorcycle ride with his wife and friends.

"I've been working on it since 2006," said the 60-year-old adventurer by Skype from South Korea, recounting the marathon of bureaucracy he endured to make the four-week trip happen.

While planning a round-the-world ride, Morgan met with a North Korean friendship society in New Zealand, which obtained an invitation to Pyongyang to go and pitch to government officials.

"I told them I wanted to ride the mountain range that is the backbone of the Korean peninsula and remind the world about the one-third of the Korean population that live in the North."

Over several years a route was agreed on with the cooperation of South Korea and the UN, including a historic agreement to allow the five riders through the Demilitarized Zone (DMZ) that has separated the Koreas for 60 years.

When the riders were finally allowed to travel, North Korean security confiscated their passports.

"They said, 'You don't have to go through customs — you're special,'" recalled Morgan.

Set free on the route hugging the Baekdudaegan mountain range, Morgan was "blown away" by the difference between rumour and reality.

"We always hear about extreme poverty, but there is only famine if the crops fail and this year the harvest was good. The villages were in good shape and the people were well dressed.... We were definitely the scruffiest people around."

While the riders had a security escort, they were allowed to mingle with locals. They were invited to a beach party and enjoyed a 13-course meal usually reserved for the highest rank of VIP.

"The message I was getting was that they didn't want isolation, and hoped it would be better for their children. They are terrified that the U.S. could invade at any minute as they are always hearing about military exercises on the border."

The party stopped at the DMZ, where poor planning almost caused disaster.

"The crossing had no vehicle access on the southern side so they had to change the plan. The North Koreans went crazy because they had to get new permissions for a different area. They worked all day on a public holiday to pull it off."

Once the riders were finally ready to leave North Korean land, "it was quite an emotional goodbye," Morgan said.

"But when we reached the crossing, there were U.S. soldiers who welcomed us warmly and said, 'We didn't think this had a hope in hell.'"

Wildlife

Walrus safety top of mind in Alaska

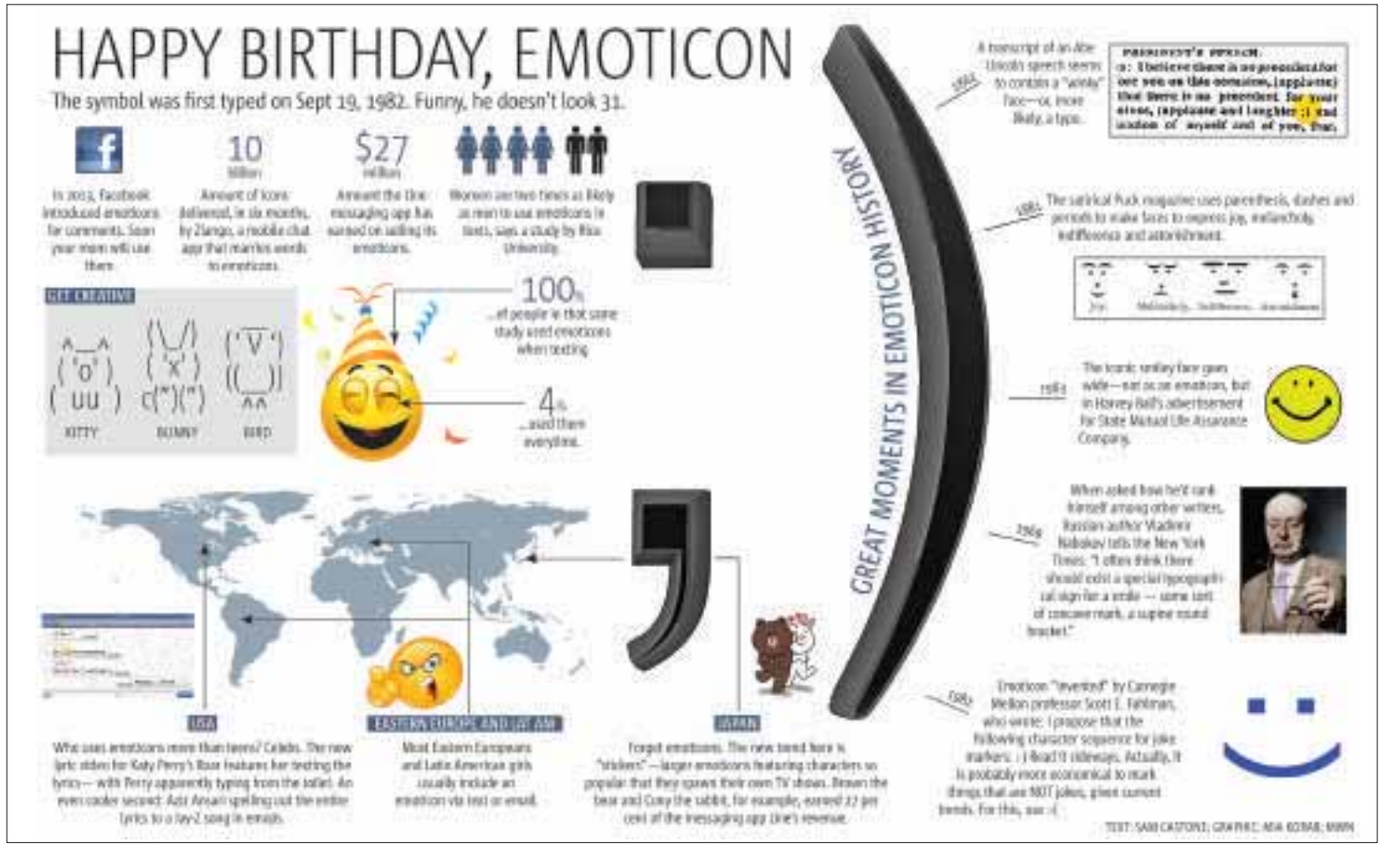
The U.S. Fish and Wildlife Service is taking steps to protect hundreds of walrus that have gathered on Alaska's northwest coast.

Spokeswoman Andrea Medeiros said Wednesday that the agency has begun its protocol to prevent stampedes among the animals that gather in close quarters on remote Arctic beaches. The measures include limiting flights in the area and warning nearby villages to avoid walrus herds.

The World Wildlife Fund, using photographs taken Saturday by federal scientists, estimates 2,000 to 4,000 walrus have come ashore on a beach near Point Lay, an Inupiat Eskimo community 1,120 kilometres northwest of Anchorage.

If panicked by an airplane, a human hunter or a polar bear, walrus can stampede for the ocean, crushing pups.

THE ASSOCIATED PRESS



Make our senses sizzle

The seventh global Metro photo contest is calling on photographers to stimulate our judges' senses. This year's theme is the five senses, plus one. Photographers are invited to submit photos that illustrate each category — sight, sound, hearing, touch, taste and the sixth sense. A winner in each category will be chosen from participating countries with a global winner chosen from those photos. Among those top six photos, a grand prize winner will receive a six-day trip to Ghana with Reach for Change. Local winners, plus an overall winner for Canada, will be announced in the newspaper.

Submit photos at metrophotochallenge.com before Oct. 13, 2013

Sight: Jeanne Beker

Canadian fashion icon Jeanne Beker says her background as a mime artist taught her a picture is worth a thousand words. A photo that portrays spontaneity, elegance, drama, sensuality and charm will impress her. "I adore a photograph that tells or suggests an intriguing story," she said. "I especially love portraits."

Smell: Barb Stegemann

"I think I will find scent in a photo by going with my gut reaction," says businesswoman Barb Stegemann. "I will then close my eyes and think a bit and come back to it. That is my process with most things." She is the CEO of 7 Virtues, a perfume company that sources essential oils from legal crops in Afghanistan to provide farmers an alternative to illegal poppy crops.

Taste: John Jackson and Connie DeSousa

Co-owners and co-executive chefs of Calgary's CHARCUT Roast House, John Jackson and Connie DeSousa, know what kind of photo makes you salivate. "If it's a roast chicken the skin needs to be golden brown and crisp to the eye with a warm steam lifting from it and drips of juice dripping down the side," said Jackson.

Touch: Maria Franke

Maria Franke, curator of mammals for the Toronto Zoo, is one of the few people who have touched a panda. And she knows that in the animal kingdom, things don't always feel like they look. "(Panda) hair is actually quite coarse," she said. Franke will use that experience to judge how well the sense of touch is conveyed in the photos.

Hearing: Nonna Aroutiounian

Clarinettist Nonna Aroutiounian understands how music can evoke colour and texture in your mind. So, she's hoping the photos she judges will transcend the literal representations of sound — a photo of clarinet or French horn, for example — and make her hear something wonderful.

The sixth sense: Douglas Coupland

Author and artist Douglas Coupland believes in the "sixth sense," and he'll recognize it in a photo. "There is obviously something out there. I don't know how or why it works, but we've all felt it and we all know it's real. That's the sixth sense," he said. He doesn't want a photo that just documents its subject, which, he said, would be merely "Instagram fodder."

Low-key launch. BlackBerry's new phone has 5-inch screen

BlackBerry, amid minimal fanfare, unveiled another new smartphone on Wednesday, this time with a bigger screen that appears designed to attract users who want a midpoint device between a phone and tablet.

But the launch was largely overshadowed by the latest developments at its competitors and reports that the company is planning to deliver another round of major layoffs.

It's the latest setback for the company, which has been trying to regain ground in the technology market even as consumers seem to be increasingly losing interest in the brand.

The new BlackBerry Z30 comes with a five-inch screen, improved battery life and a faster processor than the models released earlier this year, and is about the same size as its competitor, the Samsung Galaxy S4.

BlackBerry took a relatively low-key approach to promote the new device on Wednesday.

The phone was announced at an event in Malaysia that even chief executive officer Thorsten Heins didn't attend. MKM Partners analyst Mike Genovese said Malaysia is one of the few markets where BlackBerry has seen growth in recent years, and he expects that local consumers will value the larger screen more than in North America or Europe where alternatives are aplenty. "It actually points out how limited this launch really is," Genovese said. THE CANADIAN PRESS

The BlackBerry Z30 has a five-inch display, which means it's about the same size as its competitor, the Samsung Galaxy S4. COURTESY BLACKBERRY

Major layoffs ahead?

- BlackBerry could lay off as many as 5,000 employees in the coming months in an effort to return the smartphone maker to profitability, according to a media report.
- The Wall Street Journal says executives are preparing to reduce the company's staff by as much as 40 per cent before the end of the year, citing people familiar with the matter.

Online privacy

LinkedIn asks to disclose FISA data

LinkedIn has asked a secret court to allow it to disclose the number of U.S. national security orders the company has received under the Foreign Intelligence Surveillance Act. On Wednesday, LinkedIn joined four other companies — Google, Microsoft, Yahoo and Facebook — that have similar cases pending before the FISA Court.

Among other reasons, LinkedIn said it wanted to disclose the information to address its members' concerns about the privacy and security of their data. The company said negotiations with the FBI on the issue have reached an impasse.

LinkedIn argued in its motion that it has a First Amendment right to report the data. THE ASSOCIATED PRESS

Tax evasion

Beanie Babies creator charged

The creator of Beanie Babies stuffed animals was charged Wednesday with federal tax evasion for failing to report income earned in a secret offshore bank account, and he has agreed to pay a more than $53 million US penalty.

As prosecutors in Chicago announced the charge against H. Ty Warner, his lawyer issued a statement saying the 69-year-old billionaire would plead guilty and pay the massive penalty.

Warner, who lives in suburban Chicago and is the sole owner of TY Inc., still faces the prospect of time behind bars. A conviction on a federal tax evasion charge carries a maximum five-year prison sentence. THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.83¢ (+0.70¢)

Natural gas: $3.73 (-1¢)
Dow Jones: 15,676.94 (+147.21)

TSX 12,931.40 (+97.29)

OIL $108.07 US (+$2.65)

GOLD $1,307.60 US (-$1.80)

There she blows! App aims to help ship traffic avoid whales

U.S. federal officials trying to reduce the number of whales that are struck and killed by ships sailing in and out of San Francisco Bay are testing a new smartphone application that could help locate the creatures more accurately.

The Whale Spotter app would allow sailors, fishermen and marine scientists who spot whales to plot their location on an interactive map.

The maps created could then be used by National Oceanic and Atmospheric Administration and U.S. Coast Guard officials to recommend different vessel routes.

It's a crowd-sourcing approach to an old problem. John Berge, vice-president of the Pacific Merchant Shipping Association, said the shipping industry supported development of the app as another tool in a new arsenal being created to reduce the strikes.

"Everybody agrees that we need to try to keep whales and ships separated physically to the greatest extent possible," Berge said. "Right now, we know where the ships are, but we don't know where the whales are." THE ASSOCIATED PRESS

A blue whale is shown near a cargo ship in the Santa Barbara Channel off the California coast. Whale Spotter, a new app to help shipping traffic avoid migrating whales, is now being tested. THE ASSOCIATED PRESS FILE

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TAKE GUESSING OUT OF THE GAME

HE SAYS

John Mazerolle
metronews.ca

Hockey's off-season is over! What a terrible couple of weeks that was.

Without the lifeblood of hockey coursing through my veins, I was forced to have awkward conversations with friends about topics I'm not actually interested in, such as their friendship. But now that the Zamboni has had time to flood the ice not once but twice and the Chicago Blackhawks victory parade has almost wrapped up, we can drop the puck again.

The new season has many storylines that will unfold on TV screens just over my first dates' shoulders this winter, so here's a look at my predictions for the 2013-14 NHL season.

Boston Bruins forward Patrice Bergeron, who last playoffs fought through a separated shoulder, broken rib, torn rib cartilage, and a face that looked like it had been mulched, all in a losing cause, will produce a series of "For The Love Of The Game" youth-recruitment videos, causing Canadian enrolment to plummet.

The Phoenix Coyotes will celebrate their 1,000th customer.

Florida Panthers goalie and Tea Partier Tim Thomas will once again find himself in hot water politically, when a 1983 photo surfaces showing him shaking hands with Cuban communist revolutionary Fidel Castro.

The New York Islanders, hit by years of budget constraints, will send pink slips to all their left-handed shots. Management will promise to do "more with less."

Vancouver Canucks coach John Tortorella will show a new, softer side by letting reporters finish their questions before politely explaining that their questions are stupid and they should consider another line of work, like base jumping.

This year's outdoor games (23 in all) will remind fans of a gentler, simpler time when games were played outside at an inconvenient distance for $400 a ticket.

Newly acquired Dallas Stars forward Tyler Seguin, infamous for his partying, will run afoul of management when he's caught with an escort near the left face-off dot at the 13-minute mark of the third period.

In a hilarious gaffe that will be replayed on all of the highlight shows, a Raleigh man will accidentally pay full price for a Carolina Hurricanes ticket.

Pittsburgh Penguins superstar Sidney Crosby will transform from a whiny diver who thinks nothing of cheating and makes fans sick, to a feisty acrobat who will do anything to win and makes Canadians' hearts swell with pride, from Feb. 7 to 23 inclusive. Fans will have no explanation for the change.

The amount of hits to the head will be reduced thanks to a league-wide focus on each team's biggest players punishing transgressors by hitting them multiple times in the head.

Longtime Ottawa Senators forward Daniel Alfredsson will reveal in his first visit to the nation's capital as a member of the Detroit Red Wings, that HE WAS A SENATOR ALL ALONG, hitting Red Wings coach Mike Babcock with a folded-up metal chair before side-suplexing the entire Red Wings roster, then tearing his Red Wings sweater off to reveal the Sens logo beneath, with his face under the helmet.

The NHL Network's new Gary Bettman Isocam will capture each thrown projectile and hurled insult at every game the commissioner attends (four in all).

The Toronto Maple Leafs will win the Stanley Cup.

ZOOM

My selfie ... inside a glacier

JONATHAN TUCKER/SOLENT NEWS

Enter the azure world of a glacier

A brave photographer risked his life venturing into a cave formed by a glacier, all to capture this self-portrait in the surreal icescape. Jonathan Tucker trudged through swamps and up a mountain for more than two hours to reach Mendenhall Glacier near Juneau, Alaska, 1,550 metres above sea level. The glacier is a staggering 21.9 kilometres in length. **METRO**

Photographer's view

"The glacier is constantly melting, so you never know if the cave will collapse at any minute. It took my breath away. It was terrifying."

Jonathan Tucker, 27, landscape photographer from Whitehorse, Yukon

Ice caves

- Caves form as a glacier moves over a disorder in the ground surface and it detaches itself from the floor. The base layer reconnects with the ground layer, forming striations, thin parallel lines made up of sediment, which refreezes to the base of the glacier.
- Eisriesenwelt, in Austria, is 42 km long — the longest ice cave in the world.

Claustrophobia? Not a problem

Locals had warned Tucker that the water inside the cave was so cold he would have survived for just 10 minutes if he fell in. "I felt very claustrophobic at the beginning, but it started to pass as I was taking photos," he said. "However, I then heard a crack or movement of the glacier above me, which sounded like I was in the clouds in a thunderstorm." **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

From mapping the mysteries of the mind to discovering the science of sex, there's no shortage of podcasts promoting science for the non-scientists. So rejoice, just because you don't have a PhD in molecular physics, doesn't mean you can't marvel at the mind-boggling universe. Give these three programs a listen:

Neuropod:

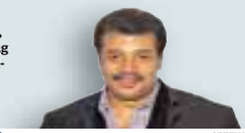
From the history of hypnosis to Alzheimer's origins, this podcast, found on nature.com, breaks down the science in our noggins. No background in neurology needed.

RadioLab:

Covering a wide-range of topics from the history of the Heimlich manoeuvre to stories about the science of speed, the well-loved podcast frequently tops the "must listen" lists.

Star Talk:

Internet-famous Neil deGrasse Tyson, pictured, keeps science cool by tapping into celebs for his (nearly) weekly podcast. Despite the name, Tyson doesn't just talk space — he also explores the science of "doing it."



GETTY IMAGES

Twitter

@metropicks asked: The emoticon marks its 31st anniversary. What's the one emotion for which you wish there was an emoticon?

@FrenchmanCanada: The "I was just being polite, I don't want you to send me more pictures of your DIY project" emoticon.

@CedricRichards: That one emotion for when you feel like a 90s kid

@AnneHaywardz: walking on clouds; yearning/longing; dreaming; lots of them!

@NodalesA51: The "I just caught a whiff of a weird smell and I don't want to know what it is."

@sheldoncoelho: "Thank you, Sorry and Please" because emoting it is easier than saying it. #JustSaying

@dsteele7: Straight-up unambiguous sarcasm. So many problems would be solved with a universally known/recognized sarcasm face

@Lissa3116: I think a drooling emoticon. #imweird #needitsometimes

@TravelWandering: Emoticon for 'this conversation is OVER'

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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‘Better than Russell Crowe’

Les Miserables. The Fireside Singers’ take on the classic stage production is returning to TCU Place for performances on Sept. 27 and 28

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Trevor Wingerter, left, and Jordie Hughton rehearse a scene for Fireside Singers production of Les Miserables. SIMON HIATT/FOR METRO

There are no easy roles for the stars of Saskatoon Fireside Singers’ massive production of Les Miserables, but Jordie Hughton’s part in bringing the classic to life may at least come with fewer expectations, as compared to his co-star Trevor Wingerter.

Wingerter stars as Jean Valjean, the role for which Hugh Jackman received rave reviews in the recent theatrical production. The Saskatoon actor knows he may be inviting comparisons.

“He’s pretty buff, but I’ve got a little time yet before the show to get in better shape,” Wingerter said with a laugh.

Hughton on the other hand only has to follow in the footsteps of the Russell Crowe who played the police officer Javert and who’s singing was the target of some mockery.

But Hughton says he didn’t think it was all bad.

“He’s a good actor; I did get some ideas from him on the acting side. But a lot of people did come up to me after the last show and say ‘you were better than Russell Crowe!’, so that was a nice thing to hear.”

The group staged four productions of the adaptation in June and are excited to be returning to TCU Place for a pair of performances Sept. 27 and 28.

“This is the role of a lifetime, you always imagine a role like this, especially in this venue, really is a dream come true,” Wingerter said. “I can’t wait to sing the music and try our best to pull it off as a choir and also as a soloist.”

The Fireside Singers was started 41 years ago by Marilyn Whitehead. Although they are best known for their annual Christmas productions, this is the seventh time they have staged a full Broadway style show.

Hughton has been a part of the group for fourteen years, beginning when he signed up for lessons from Whitehead.

His vocal career now includes public address announcing and singing the national anthem at local sporting events.

But he says there is something special about being a part of Fireside.

“We’ve kind of all grown together and gotten the experience of doing lead roles and also being in the chorus in these big shows with some extremely talented people. The calibre of our production is very high and people are going to love the show.”

During rehearsal it’s clear this is a close group with real chemistry. Something that is especially true for Wingerter and another performer on the stage.

“I met my wife here at Fireside and married her two years ago, so you can’t ask for anything better than that from a choir.”

Crowing

You can’t trust reviews

- **Background.** Russell Crowe isn’t alone in receiving negative notices when it comes to Les Miserables, the show itself got poor reviews when it debuted in London, especially from Michael Ratcliffe in the Observer who described it as “witless and synthetic”. But audiences weren’t dissuaded; the show has run continuously in London since 1985, surpassing ten thousand performances in 2010.

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How will the cards fall on Emmy night?

Predictions. It's a historic year in the world of TV awards, with House of Cards the first online show to nab a nomination

Emmy Awards crystal-ball gazing was so much easier in the old days, circa the last few years: ABC's Modern Family would be honoured as best comedy series and a cable show, Homeland or Mad Men or such, would win best drama.

Modern Family may earn its fourth consecutive trophy at Sunday's ceremony. But the drama picture is murkier because of Netflix's House of Cards, the first online program to be nominated for top series honours under a 2007 Emmy rule allowing digital contenders.

"We didn't believe it would take as long as six years-plus for the world to start looking to this new explosion of original content," said Rob Barnett, who moved his career from cable (MTV, VH1) to online as founder and CEO of My Damn Channel. "But it's clearly happening."

Whether House of Cards will actually claim the trophy is another matter. It took more than a decade before a cable show, HBO's Sex and the City, prevailed as a top series winner; in an impatient world, might House of Cards compress the time frame?

Or it is possible that astute Emmy voters smacked their foreheads, realized they had yet to crown AMC's Breaking Bad as TV's best drama and made amends? They should have, we say in unison. Here are some predictions for the 8 p.m. EDT ceremony on CBS hosted by Neil Patrick Harris — who, no Ouija board needed, will be reliably outstanding.

Drama series
Should win: Breaking Bad. It's at the height of its power, and Walter White knows where you live.

Will win: House of Cards. Ambitious politician trumps ambitious drug dealer in Washington-bedazzled Hollywood.

Comedy series
Should win: Louie. Life can be brutal, but also brutally funny in Louis C.K.'s hands.

Will win: Modern Family. It's comfortably amusing and academy voters like it, they really like it.

Actor, drama series
Should win: Jon Hamm, Mad Men. Don Draper finally confronts his pain and what he's done to others. Hamm's trophy is even more overdue.

Will win: Kevin Spacey, House of Cards. Take that, movies! TV is better than ever, and honouring a visiting big-screen star drives the point home.

Actress, drama series
Should win: Kerry Washington, Scandal. She offers a powerhouse performance that keeps the madcap series spinning but not out of control.

Will win: Kerry Washington, Scandal. Don't overthink what will be an unprecedented African-American victory; she simply deserves it.

Supporting actor, drama series
Should win: Bobby Cannavale, Boardwalk Empire. Of course he can bring a fresh spin to a gangster role; what can't this actor do?

Will win: Aaron Paul, Breaking Bad. His character's vulnerability is habit-forming, and he's poised for his third consecutive win.

Supporting actress, drama series
Should win: Christina Hendricks, Mad Men. When the going got tougher so did her character, and Hendricks soared.
Will win: Anna Gunn, Breaking Bad. It's the embattled Mrs. White's turn to shine.

Actor, comedy series
Should win: Don Cheadle, House of Lies. There was a reason for his upset Golden Globe victory over Alec Baldwin and other past winners.

Will win: Louis C.K., who made the sad clown irresistible.

Actress, comedy series
Should win: Laura Dern, Enlightened. If you're looking for layered humanity in any character, she's your woman.

Will win: Julia Louis-Dreyfus, Veep. She wears power and the lunacy of ambition well. Elaine who?

Supporting actor, comedy series
Should win: Ed O'Neill, Modern Family. He's the paterfamilias of modern TV dads. Show some respect.

Will win: Ed O'Neill, Modern Family. Respect will be paid.

Supporting actress, comedy series
Should win: Jane Krakowski, 30 Rock. She never let down her side as the role model for self-involved TV stars, and Emmy shouldn't let her down.

Will win: Julie Bowen, Modern Family. A two-time consecutive winner for her beleaguered mom. Voters will be charmed again.

THE ASSOCIATED PRESS

Kevin Spacey brought some big screen swag to House of Cards. CONTRIBUTED

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Will Breaking Bad take home the win for best drama series? CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Gwyneth Paltrow. ALL PHOTOS GETTY IMAGES

Public showers aren't really Paltrow's thing

And here we thought the people who brought flip-flops to wear in the gym shower were high maintenance — but they don't touch Paltrow. The actress reportedly has an assistant go in and wipe down her gym's shower before she uses it.

"She refuses to touch what she calls 'somebody else's shower water,'" a source says.

Liam Hemsworth

Hemsworth gets lucky in Las Vegas

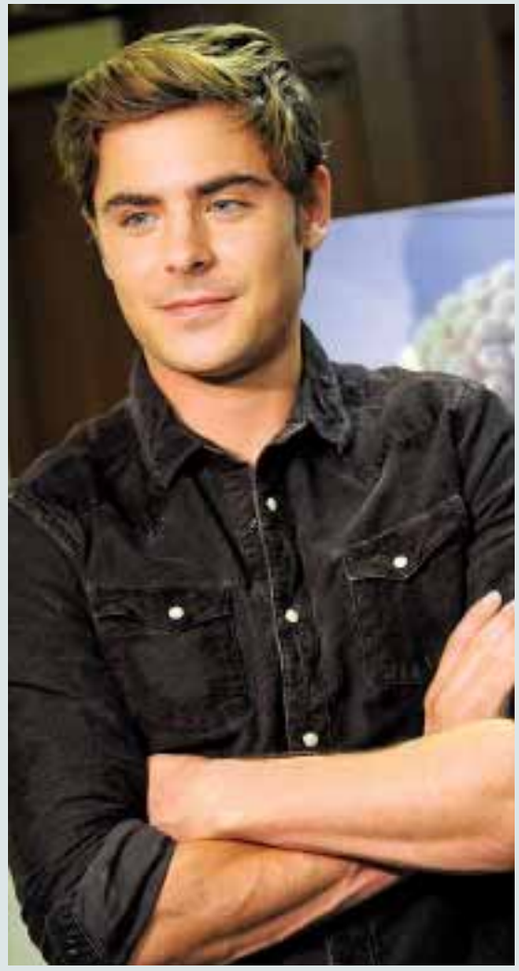
Liam Hemsworth seems to be taking his split from fiancée Miley Cyrus quite well. The Paranoia actor reportedly hit it off with singer-actress Eiza Gonzalez in Las Vegas after they had "just met," chatting over drinks at a nightclub, according to TMZ. And back in L.A., Hemsworth was spotted stopping by her apartment to drop off a piece of luggage — and engaged in quite the passionate lip-lock in the parking garage.

Cher

Cher to Miley: At least you got everyone talking

First it was Elton John and now Cher is weighing in on Miley Cyrus' latest career evolution following her attention-grabbing MTV Video Music Awards performance. "I don't give a s— if she comes out naked. Just be better, do better," Cher tells E! News about Cyrus. "Maybe she's thrilled and delighted — everyone's talking about it. And so that's almost as good as it being great, you know? Especially in this day and age. It doesn't make any difference if you're good. It just makes a difference if people are talking about it."

The Word



It was cocaine, not booze that sent Efron to rehab: reports

THE WORD
Melinda Taub
scene@metronews.ca

Zac Efron's people came clean yesterday and said that he'd recently completed a stint in rehab for alcohol abuse.

However, that burst of honesty may have been a bit of sleight of hand to distract from something they still didn't want to talk about: It was reportedly cocaine, not alcohol (or not just alcohol), that drove the once squeaky clean High School Musical star to seek treatment.

According to TMZ, Efron's problem was at its worst this spring, when he missed several days of filming on Seth Rogen's Neighbors due to his cocaine abuse.

Uh… so? I mean yeah, cocaine's illegal and a harder drug, but am I the only one surprised that this is such a big deal?

Addiction is addiction, and he's in treatment for whatever it was. Also, everyone in Hollywood seems to do drugs.

Betty White probably does drugs. How else could she be so perky at her age?

Madonna

What do you get the singer who has it all? A bong

Madonna didn't hold back when taking part in a recent Reddit Ask Me Anything session, fielding all sorts of questions from the online community. For example, the last dream she remembers having that she's willing to share? "Brad Pitt and I were living together and there was a small blond child in the bed," she responded. "Sorry Angelina, it was only a dream." And how about the best birthday present she's ever received? "I got a bong in the shape of a penis," Madonna replied.

Jennifer Aniston

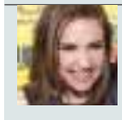
If her acting runs a-fowl, Jen can always raise chicks

If acting doesn't work out for Jennifer Aniston, she can apparently fall back on being a chicken farmer, as the $21 million Bel Air mansion she and fiancé Justin Theroux purchased came with some feathered roommates, Theroux tells GQ.

"We inherited the chickens from the previous owners," he says. "They were like, 'Of course we'll get rid of the chickens,' and we said, 'Are you crazy? Don't get rid of the chickens. That's half the reason we wanted this place.'"

Twitter

@aplusk
Yesterday was today's author and today will be tomorrow's but we each hold our own pen.



@lenadunham
You guys, not trying to brag but I was in an elevator with a model.

@SethRogen
"If you pedal uphill enough, peddling flat feels like going downhill." - Lance Armstrong's biography I'm writing in my head.

My first fashion week

Even the most jaded, poker-faced fashion industry vets started out as bright-eyed youth excited to get a standing room only ticket. We asked a few seasoned insiders to recall the moment of their first entry into fashion's hallowed runway shows.

METRO WORLD NEWS

Lara Mullen, model

"Having been scouted by my model agency Premier two weeks before the shows, I suddenly found myself en-route to New York with a set of polaroids and my auntie Wendy. Many surreal moments followed which certainly got the adrenaline pumping! From balancing in sky scraper heels at Alexander Wang (my very first show), to walking the Prada Milan exclusive to Gisele coming to my rescue at Givenchy, after the strap of my shoe broke!"

Dani Stahl, style editor-at-large at NYLON

"Whilst interning at Elle magazine I was writing my senior college paper on Betsey Johnson, so my boss took me into the show. I stood all the way in the back and desperately tried to take pictures. I could barely even see but I thought it was the greatest thing that could ever happen."

Sam McKnight, hair stylist

"The year 1985 in London was all very 'ab fab.' There was a lot of attention on all the club culture and the New Romantics. For Katharine Hamnett's first show we did these kind of flick-up, Miss Moneypenny-style wigs. Afterwards Lynne Franks, the PR guru (and my agent at the time) threw Katharine a big party at a warehouse in Covent Garden. Lynne made me go home and get one of the wigs from the show so she could wear it. We couldn't find the headband that went with it so Lynne ended up using a tea towel wrapped around her head. That kind of sums up the energy of the time. It was just about having fun. The whole thing was incredibly creative."

Fred Butler, designer

"I was interning for AsFOUR in 2001 when they had an exhibition at Colette during Paris Fashion Week. They took me everywhere with them that week and it involved a lot of partying. As a student from Brighton it was ridiculously exciting. The first night I found myself being interviewed by Jeremy Scott for MTV who was asking me what my favourite thing about Paris Fashion Week was. Surrounded by the camera crew, I couldn't answer. I was in shock by the whole surreal situation."

Tom Pecheux, makeup artist

"I was assisting at a Chloé show that featured all the supermodels like Christy, Naomi, Linda and Claudia. They all wanted their makeup done by the lead makeup artist or the other assistant that they already knew. No one wanted me so I went to get a coffee. When I came back Christy Turlington was sitting on my chair. I asked her if she was waiting for someone to do her makeup and she said, "No, you can do it if you want." I was so happy but also so afraid. My hands were shaking the entire time. Christy isn't only a beautiful model, she's also a wonderful person.'

Small Group/Company Christmas Parties
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Home purchase price. Be wary of hidden fees

LESLEY SCORGIE
For Metro

Homebuyers, prepare yourselves. Experts recommend setting aside approximately two to three per cent of a home's purchase price for "hidden" fees such as:

Realtor fees: If you are selling a home while in the process of buying a new one, and have used a realtor, you will pay a hefty fee for their service. The going rate in Canada is seven per cent on the first $100,000 and 3.5 per cent on the remaining purchase price balance.

Legal: To finalize your home purchase you will have to hire a lawyer/notary to process the deal.

Land transfer tax: This is likely the most expensive aspect of closing costs for a resale home, which is typically less than two per cent of the value of the property. It is a provincial or municipal fee for a change in real estate ownership.

Closing adjustments: Disbursements are property expenses that sellers have paid and need to be reimbursed for such things as utilities, municipal property tax, and condo or maintenance fees.

Home inspection: Though home inspections cost as much as $500, they can save major headaches later on. Inspectors render an opinion on the condition of the property and state what needs replacement or repair. If there is something majorly wrong with your property, an inspector should be able to detect it and your realtor can advise on whether you should proceed with the purchase.

Appraisal fees: These typically range between $150 to $300. However, if a mortgage is insured through the Canada Mortgage and Housing Corporation, Genworth or Canada Guarantee, the fees are generally waived. Appraisals are a tool to help buyers determine a home's market value.

GST: If you are buying a new home, you will pay GST, and may qualify for a rebate.

Interest adjustments: This is the amount of interest you will need to pay between the date of your closing and first mortgage payment.

Other hidden fees include home and title insurance, utility hook-up costs, an Estopple certificate (for condominiums), and moving costs.

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Stats show that people who set financial goals are far more likely to achieve them compared with those who don't. SYDA PRODUCTIONS/COLOURBOX

Budget rules

Stats show that people who track their money and set financial goals are far more likely to achieve them compared with those who don't.

Homeowners, in particular, need a budget in order to track their expenses, of which there can be dozens each month, and ensure they don't wander financially astray.

Create a new spreadsheet or download a budget tracking tool from your bank's online website, the Canada Mortgage and Housing Corporation, Mint.com, or Google documents.

Start by listing all your sources of monthly income — employment, freelance work, royalties, consulting, child support, alimony, government support, bottle returns, etc. Total it up.

Next, list your sources of expenses. But when you do this, put your mandatory expenses up top like retirement savings, mortgage payments, taxes, insurance, condo fees, loan payments, utility bills, home maintenance and groceries. Nice-to-have expenses, such as dinners out with friends, should be listed below. Total up your expenses.

When you subtract your total expenses from your total income, you have your bottom line. If you are in the red, you will need to cut back on nice-to-have expenses and/or increase your income.

As a homeowner, the biggest favour you can do yourself is budget for regular home maintenance like furnace cleaning, and plan for the unexpected like a water heater conking out or sink dripping through the floor. Most experts recommend you have between one and three months worth of salary set aside for "just-in-case" home expense surprises. LESLEY SCORGIE

Increase your income

- If your budget is squeezed each month, increase your income and try the following — get a second job, work extra hours, take on freelance or consulting work, hock your possessions on Kijiji, get a roommate, or rent storage space.

Chicken Chili Burritos prove guilt-free fast food does exist

These burritos are still a bit of an indulgence, but ground chicken lightens the filling.

1. In large saucepan, heat 1 tbsp of the oil over medium-high heat; cook chicken, breaking up with spoon, until no longer pink, about 8 minutes. Drain fat from pan. Transfer chicken to bowl and set aside.

2. In same saucepan, heat remaining oil over medium heat; cook onion, garlic, oregano and salt until soft, 3 minutes. Stir in tomato paste; cook 1 minute.

3. Return chicken to pan. Add tomatoes and chili powder; bring to boil. Reduce heat to medium; simmer, stirring occasionally, until thickened, about 15 minutes.

4. Spoon chili onto centre of each tortilla; sprinkle with Cheddar. Fold in bottom and sides; roll up. Place, seam side down, on greased baking sheet.

5. Broil burritos, about 6 inches (15 cm) from heat, until crisp and golden, about 10 minutes

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Ingredients

- 2 tbsp vegetable oil
- 1 lb (450 g) ground chicken
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp dried oregano
- 1/2 tsp salt
- 2 tbsp tomato paste
- 1 can (28 oz/796 ml) diced tomatoes
- 3 tbsp chili powder
- 4 large flour tortillas
- 3/4 cup shredded Cheddar

This recipe serves four to six. YVONNE DUIVENVOORDEN

Cookbook of the Week

Best and easy, too

CBC Television and Canadian Living have teamed up again to offer foodies a second volume of the Best Recipes Ever cookbook.

Chapters in the sequel to the show's (Best Recipes Ever airs weekdays on CBC TV at 3 p.m.) best-selling book include: Weeknight Dinners, Weekend Dinners, Light & Lovely, Rise & Shine, On the Go and Sweet Treats.

Meanwhile, among the specific recipes are Cioppino, Tangine of Beef with Prunes, Raspberry Chipotle Wings, Frozen Peanut Butter Pie and more. **METRO**

Blondies have more fun

This recipe makes 16 pieces. JODI PUDGE

"The gooey caramel topping for these Blondies is so easy — all you need are soft caramels and water," write the experts from The Canadian Living Test Kitchen in Best Recipes Ever Vol. 2. "Look for these individually wrapped sweets in bulk food stores or in bags in the candy aisle."

1. In large bowl, beat butter with brown sugar until light and fluffy. Beat in eggs, 1 at a time; beat in vanilla.

2. Whisk together flour, coconut, baking powder and salt; stir into butter mixture. Spread in parchment paper–lined 8-inch (2 L) square cake pan.

3. Bake in 325 F (160) oven until cake tester inserted in centre comes out with a few crumbs clinging, about 35 minutes. Let cool in pan on rack.

4. Caramel Topping: In saucepan, melt caramels with 2 tbsp water over medium-low heat until smooth. Drizzle over cooled blondies. Refrigerate for 20 minutes. (Make-ahead: Wrap in plastic wrap and store for up to 24 hours)

5. Cut into squares.

Nutritional analysis

Each of the following values per piece is approximate.

- 194 calories
- 8 g total fat
- 30 g carbs

Ingredients

- 1/2 cup unsalted butter
- 1 1/4 cups packed brown sugar
- 2 eggs
- 1 tsp vanilla
- 1 1/4 cups all-purpose flour
- 1/2 cup sweetened shredded coconut
- 1/2 tsp baking powder
- 1/4 tsp salt

Caramel Topping

- 10 caramel candies
- 2 tbsp water

Lunch. Smoked Ham, Brie & Cranberry Sandwiches

This recipe serves two. RYAN BROOK

"The cranberry sauce or onion marmalade in this sandwich definitely makes it one for adults," write the experts from The Canadian Living Test Kitchen in Best Recipes Ever Vol. 2.

"For a more kid-friendly lunch, use a fruit spread instead."

1. Spread cranberry sauce over cut sides of bottom halves of rolls. Divide ham and Brie cheese evenly over cranberry sauce; top with lettuce. Sandwich with tops of rolls.

Ingredients

- 2 tbsp whole-berry cranberry sauce or onion marmalade
- 2 whole wheat kaiser rolls, halved
- 4 oz (115 g) thinly sliced smoked ham
- 2 oz (55 g) Brie cheese, sliced
- 2 leaves lettuce

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Warm up to chilly weather in style

Got a light, airy decor and want to make it warm and cozy for the fall? Use neutral colours like grey, black and brown and add a few textures here and there; you'll have a space that looks just as stylish throughout the winter as it did last summer.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Flannel sheets

Replace those jammies and get in bed with something warm and fuzzy. Polka Dot Flannel Sheets, starting at $25, simons.ca.

Synthetic cowhide

Throw this over a larger rug for a layered look and cozy feel underfoot. Looks like the real thing! Synthetic Cowhide, Nevada in Camel & Beige, $249, homesav.com.

Mohair throw

This will become your best friend on those snowy, grey days. Cuddle up with a good book in style. Mohair Throw with Fringe, $199, zarahome.com.

Cast iron

A fabulous industrial look with the returning popular trend of cast iron. Staub Teakettle, $150, crateandbarrel.com.

Brushed velvet drapes

Keep out cool winter drafts in style. Brushed Cotton Velvet Drapes, from $199, restorationhardware.com.

Electrical fireplace

Handsome Scandi-1970s design that adds optional heat during those chilly nights. Slips into the closet during summer months. Aspen Pedestal Electric Fireplace, $249, homedepot.ca.

Don't let your patio get the winter blahs

Sharing a meal or relaxing on a deck, patio or balcony can be the highlight of a summer day. And when the season changes, proper care can make your outdoor furniture last for summers to come.

Whether you have a pricey patio set or something more modest, experts recommend some simple steps for upkeep and storage.

Often, outdoor furniture "is a bit of an investment, so it makes sense to put effort into protecting and maintaining what you have in your yard," says Matt Blashaw, a licensed contractor and host of DIY Network's Yard Crashers.

Look for cover

Ideally, it's best to store any type of patio furniture — metal, plastic or wood — indoors during harsh weather. If that's not possible, Blashaw recommends weather-proof covers, or at least some simple poly/vinyl tarps secured with straps or weighted down.

"There are furniture covers of just about every shape and size available," he says, adding that the newest ones are waterproof and UV-treated for protection.

Measure your pieces before you buy covers to ensure the right fit. You can also ask for manufacturer guidelines that may help you choose the correct style.

Careful cleaning

Before you store patio furniture, make sure it's free of dirt and debris.

Lowe's Home Improvement spokeswoman Colleen Maiura tells customers to check the manufacturer's directions before using any cleaning products.

For most materials, however, you'll just need soap and water, she says. Consider using a pressure washer on a low setting (1,200 to 1,350 pounds per square inch) to make the job go even more quickly.

For acrylic cushions, Maiura recommends spot cleaning with a sponge, mild soap and water. Make sure the cushions are completely dry before storing them.

Must-do maintenance

Some additional maintenance can keep your set functional and looking fabulous.

For wood, you may need to oil or varnish it, depending on the type. For wicker, you may have to wax if it's not water-resistant.

Some metal frames require paint touch-ups, but most are made to be rust-resistant or rust-free. If your set is not, consider using paste wax or naval jelly for protection. Some rusted metals can be professionally powder-coated, making them look new again.

Wear out the warranty

Blashaw says one of the biggest mistakes homeowners make with outdoor furniture is throwing it out instead of making simple repairs with parts covered under warranty.

"Keep the receipt, and if the furniture does not hold up to the regular 'wear and tear' promise within the warranty period, contact the manufacturer and get yourself a brand new set," he says.

THE ASSOCIATED PRESS

NFL

Gronk gears up for gridiron return

Rob Gronkowski says he's making significant progress but won't say if he'll return for the Patriots' next game.

The star tight end has been sidelined the past two games after off-season forearm and back surgery. New England plays at home Sunday against the Tampa Bay Buccaneers.

Gronkowski participated in practice on a limited basis on Wednesday and said afterward that he'll play when he's told to.

The Patriots have managed to win their first two games by a total of five points while quarterback Tom Brady's rookie receivers have struggled to get to the spots where he's thrown the ball.

THE ASSOCIATED PRESS

Silver lining

Sinclair scores star on Walk of Fame

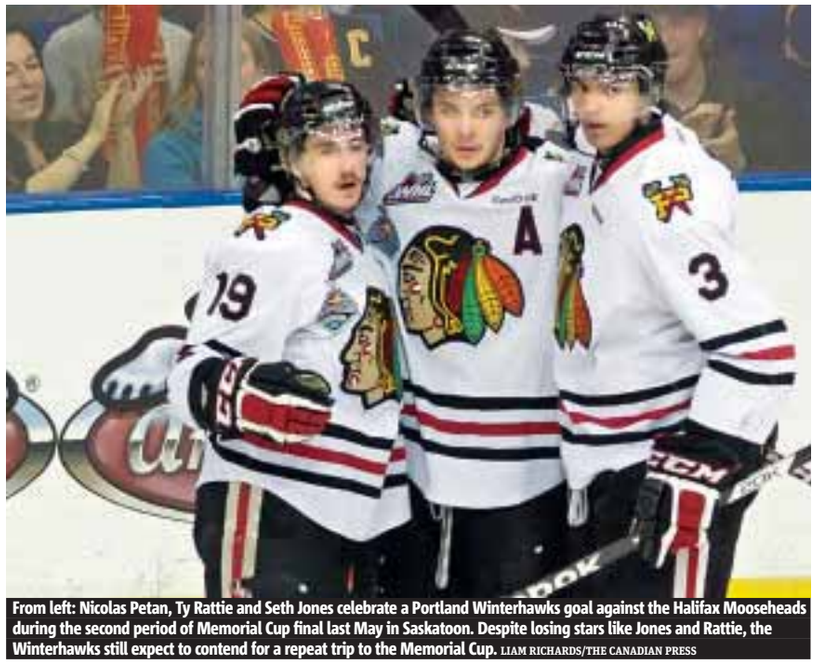
The accolades have poured in since Christine Sinclair's stirring performance at the 2012 London Olympics, but now Canada's top female soccer player will really be a star.

The Canadian team captain who held the country spellbound as she scored three times against the powerhouse United States in the Olympic soccer semi-finals, and then made an impassioned denunciation of some questionable refereeing, is to be honoured with a star on Canada's Walk of Fame in Toronto on Saturday. The ceremony will be shown on Global TV on Oct. 27.

THE CANADIAN PRESS

'Evil Empire' eyes another WHL title

WHL. Winterhawks have grown used to and expect nothing less than another trip to the Memorial Cup



From left: Nicolas Petan, Ty Rattie and Seth Jones celebrate a Portland Winterhawks goal against the Halifax Mooseheads during the second period of Memorial Cup final last May in Saskatoon. Despite losing stars like Jones and Rattie, the Winterhawks still expect to contend for a repeat trip to the Memorial Cup. LIAM RICHARDS/THE CANADIAN PRESS

In five seasons, the Portland Winterhawks have been transformed from the Western Hockey League's most dysfunctional franchise into league champions who came up one win short of a Memorial Cup title in May.

Despite losing stars like Seth Jones and Ty Rattie, the Winterhawks are still loaded and expect to be in contention for a repeat trip to the Memorial Cup when the season kicks off Thursday.

"We've had the target on our back for a while now, and everybody's going to be after us," said Portland centre Chase De Leo, a 2014 NHL draft prospect. "People talk about us as the 'evil empire' and we thrive off of that."

Portland will raise a WHL championship banner to the Moda Center rafters before Friday's season opener against Prince George. The game will mark head coach and general manager Mike Johnston's first appearance behind the bench since he was suspended in November for the remainder of last season as part of sanctions handed down to the franchise for improper player benefits.

"Any time you have a good run, everyone in the league wants to knock you off," Johnston said. "Teams are going to give us their best and we have to be better than them."

Assistant coach Travis Green led the team through the rest of last season, including a six-game triumph over the Edmonton Oil Kings that earned Portland its first WHL title since 1998. In the off-season, Green left Portland to become head coach of the Vancouver Canucks' AHL affiliate in Utica, N.Y.

Six teams enter the season with new head coaches, though several are familiar faces in the league. Kevin Constantine is back for a second stint with the Everett Silvertips after a successful tenure with the team from 2003-07. Former Brandon and Kootenay coach Cory Clouston takes over behind the bench in Prince Albert, and ex-Moose Jaw coach Dave Hunchak assumes control in Kamloops.

THE CANADIAN PRESS

Expectations for Sam

"I'm trying not to focus on the draft part too much, you have to just forget about that and focus on your game when you step on the ice."

The Kootenay Ice's Sam Reinhart, the early favourite to be the top pick in the 2014 NHL draft.

Pats up first

Swift Current visits Regina in the only game Thursday, while 16 other teams get their seasons underway Friday.

Elliott latest former Lion to return to B.C.

Joey Elliott passed for 2,101 yards, five touchdowns and 12 interceptions with Winnipeg in 2012. THE CANADIAN PRESS

It's a good thing Joey Elliott never left town when the B.C. Lions released him earlier this month.

Elliott did not have to travel far Wednesday as the Lions welcomed him back to help deal with starting quarterback Travis Lulay's shoulder injury.

"Why not be in a beautiful place, right?" said Elliott, a 27-year-old Franklin, Ind., native. "I had shipped some stuff home, like my shoulder pads and some extra cleats, and I had actually packed some things up. So it was going to take a little while before I could actually get out of here."

Elliott was added to the Lions' roster in preparation for Sunday's game against the Roughriders in Regina. His return followed Tuesday's announcement that Lulay will miss the next two games after getting hurt last weekend in a win over Montreal.

Elliott is the second former QB to return to the Lions recently, following Buck Pierce's arrival via trade from Winnipeg last week.

As a result, Elliott's coaching career is on hold. He had tentative plans to mentor a high school team in Indiana, but continued to live in his Burnaby, B.C., apartment while waiting for a chance to resume his CFL career.

Elliott reasoned that it would be easier to travel if the call came, and he did not want to have to "jump ship" on high school players.

The Lions released Elliott before acquiring Pierce. Prior to his release, Elliott served as B.C.'s third-string QB.

THE CANADIAN PRESS

Riders safety fined

The CFL fined Saskatchewan Roughriders safety Tyron Brackenridge on Wednesday for delivering a dangerous hit in a game last weekend.

- Brackenridge was penalized for a helmet-to-helmet hit on Toronto running back Chad Kackert during the Argos' 31-29 win Saturday night.

4 SPORTS

GSP generous with his fellow fighters

MMA. Welterweight champ kept up-and-comer Ricci on his toes in lead-up to UFC 165

They say iron sharpens iron, which augurs well for Mike Ricci at UFC 165 this weekend.

The 27-year-old lightweight from Montreal spent much of his 10-week training camp for American Myles (Fury) Jury working with UFC welterweight champion Georges St-Pierre.

The two have trained before but the busy St-Pierrre was in Montreal for an extended period of time — "which is rare," according to Ricci — that dovetailed with Ricci's camp.

"He has been my main sparring partner for this fight," Ricci said. "I've done most of my rounds this training camp with him."

Not surprisingly, Ricci (9-3) lost most of those rounds against the bigger man, and a champion to boot. But the 155-pounder says he began to steal the odd one.

"It feels good when you're working and working and you win small battles here and there against guys like that," he said. "You know you've been improving."

Light-heavyweight titleholder Jon (Bones) Jones takes on Sweden's Alexander (The Mauler) Gustafsson in Saturday's main event at the Air Canada Centre.

Ricci is one of seven Canadians on the undercard. Francis Carmont, a French middleweight who fights out of Montreal, is on the main card.

Ricci also trains with welterweight Rory (Ares) MacDonald, a close friend, at Montreal's Tristar Gym.

Like GSP, MacDonald is preparing for a fight at UFC 167 in November. St-Pierre takes on No. 1 contender Johny (Bigg Rigg) Hendricks in the main event at the MGM Grand Garden Arena in Las Vegas while No. 3 MacDonald faces No. 8 (Ruthless) Robbie Lawler.

Ricci says St-Pierre is more than generous with his time in the gym.

"It's unreal. If Georges wanted to, he could just do his own thing and then leave," said Ricci. "But he stays and he puts in work with guys. Not only just me because I have a fight coming up, he'll work with everybody."

THE CANADIAN PRESS

Open ears

"I had some UFC jitters, but I spoke with GSP two days ago and he said, 'Listen, get used to them because they never, ever go away.'"

Mike Ricci on advice given to him by Georges St-Pierre before his win over Colin Fletcher at March's UFC 158 in Montreal.

MacKinnon gets first taste of NHL pre-season action

The Avalanche's Nathan MacKinnon battles for the puck against the Ducks' Garnet Exelby on Wednesday night in Denver. The Avs lost 2-1 in the 2013 No. 1-pick MacKinnon's first NHL pre-season action.

JACK DEMPSEY/THE ASSOCIATED PRESS

NFL

Browns rebuilding without Richardson

Trent Richardson didn't fit into the Browns' plans. They're pushing forward without him.

Cleveland traded the powerful running back to the Indianapolis Colts on Wednesday, a stunning move just two games into this season and only one year after drafting Richardson in the first round.

Richardson was dealt for a first-round selection in next year's draft, when the Browns will have two opening-round picks and 10 overall. Cleveland is rebuilding and the team hopes to use those picks — seven in the first four rounds — to help turn around a floundering franchise mired in losing for more than a decade. THE ASSOCIATED PRESS

Trent Richardson GETTY IMAGES

NFL

RG3 ready to run more to spark winless Redskins

Look for Robert Griffin III to start running again.

The Washington Redskins quarterback said Wednesday that he might start running the ball more to help give his team a much-needed spark after an 0-2 start.

"It's not that I want to run more, I just feel like that's what we need," Griffin said. "If that's what it takes to win games, then I'm willing to do that."

Griffin has carried the ball only nine times in two games, and he's yet to run the ball out of the zone-read, the type of play that befuddled defences and helped him set a rookie QB rushing record with 815 yards a year ago.

Griffin said he isn't hindered by the brace on his right knee, a reminder of his off-season surgery. Teammate Pierre Garcon says it's "common sense" that the brace would slow Griffin down, and Griffin responded by jokingly challenging Garcon to a race.

The Redskins play Detroit on Sunday.

THE ASSOCIATED PRESS

PGA. Tiger backs closer look at TV viewer call-ins on rules violations

Tiger Woods was asked twice about his position on television viewers able to call in possible rules infractions. He never answered that question directly.

That's not to suggest he had nothing to say about the role of TV.

Woods, who met with PGA Tour commissioner Tim Finchem before his news conference Wednesday at the Tour Championship, said there needs to be a time limit on calling in potential infractions. He also stated the obvious — that he's on TV a lot more than anyone else.

"I think with HDTV, I think that's been a huge transition," Woods said. "I think that there are certainly a lot more viewer call-ins, and I think what people don't realize is that our rules staff gets quite a few calls every week. A lot of them never see the light of day, but they're handled with the players.

"It's a new age in which there is a lot of cameras that are around — well, around my group and then some of the top players," he said. "I think the commissioner was right. We're going to have to have more discussions about it in the future. I think that's actually happening right now."

Finchem had said Tuesday that one of the issues is determining when it would be reasonable to accept outside information, and he raised the notion of a time limit.

Finchem said the tour will "probably be taking another harder look" after the season, though he might have been talking about the impact of television more than the viewer calling in.

THE ASSOCIATED PRESS

Tiger Woods isn't totally opposed to TV viewers calling in rules infractions. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	92	60	.605	—
Tampa Bay	82	68	.547	9
Baltimore	80	70	.533	11
New York	80	72	.526	12
Toronto	**69**	**82**	**.457**	**22½**

CENTRAL DIVISION

Detroit	88	64	.579	—
Cleveland	82	69	.543	5½
Kansas City	79	72	.523	8½
Minnesota	65	86	.430	22½
Chicago	60	92	.395	28

WEST DIVISION

Oakland	89	63	.586	—
Texas	82	68	.547	6
Los Angeles	74	78	.487	15
Seattle	67	85	.441	22
Houston	51	100	.338	37½

Wednesday's results
N.Y. Yankees 4 **Toronto 3**
Seattle 8 Detroit 0
Minnesota 4 Chicago White Sox 3
L.A. Angels 5 Oakland 4 (11 inn.)
Texas at Tampa Bay
Baltimore at Boston
Cincinnati at Houston
Cleveland at Kansas City
Tuesday's results
Toronto 2 N.Y. Yankees 0
Baltimore 3 Boston 2
Cincinnati 10 Houston 0
Texas 7 Tampa Bay 1
Oakland 2 L.A. Angels 1
Chicago White Sox 4 Minnesota 3
Cleveland 5 Kansas City 3
Detroit 6 Seattle 2
Thursday's games — All times Eastern
Seattle (Paxton 2-0) at Detroit (Fister 12-9), 1:08 p.m.
Houston (Keuchel 6-9) at Cleveland (Jimenez 12-9), 7:05 p.m.
N.Y. Yankees (Kuroda 11-11) at **Toronto (Redmond 3-2)**, 7:07 p.m.
Texas (Darvish 12-9) at Tampa Bay (Moore 15-3), 7:10 p.m.
Baltimore (Tillman 16-6) at Boston (Lackey 9-12), 7:10 p.m.
Minnesota (Correia 9-12) at Oakland (Straily 10-7), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	90	62	.592	—
Washington	81	71	.533	9
Philadelphia	71	80	.470	18½
New York	68	83	.450	21½
Miami	55	96	.364	34½

CENTRAL DIVISION

St. Louis	88	63	.583	—
Pittsburgh	87	65	.572	1½
Cincinnati	86	66	.566	2½
Milwaukee	67	83	.447	20½
Chicago	63	88	.417	25

WEST DIVISION

Los Angeles	87	64	.576	—
Arizona	76	74	.507	10½
San Diego	71	80	.470	16
San Francisco	70	82	.461	17½
Colorado	69	83	.454	18½

Wednesday's results
San Diego 3 Pittsburgh 2
Atlanta 5 Washington 2
N.Y. Mets 5 San Francisco 4
Miami at Philadelphia
Chicago Cubs at Milwaukee
St. Louis at Colorado
L.A. Dodgers at Arizona
Tuesday's results
San Francisco 8 N.Y. Mets 5
San Diego 5 Pittsburgh 2
St. Louis 11 Colorado 4
Washington 6-4 Atlanta 5-0
Philadelphia 6 Miami 4
Milwaukee 4 Chicago Cubs 3
L.A. Dodgers 9 Arizona 3
Thursday's games
All times Eastern
San Diego (Kennedy 6-9) at Pittsburgh (Cole 8-7), 12:35 p.m.
San Francisco (Bumgarner 12-9) at N.Y. Mets (Niese 7-7), 1:10 p.m.
Chicago Cubs (Arrieta 2-2) at Milwaukee (Lohse 10-9), 2:10 p.m.
St. Louis (Wacha 3-1) at Colorado (Oswalt 0-6), 3:10 p.m.
L.A. Dodgers (Nolasco 13-10) at Arizona (Miley 10-10), 3:40 p.m.
Miami (Alvarez 4-4) at Washington (Strasburg 7-9), 7:05 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	11	7	4	0	321	288	14
Hamilton	11	5	6	0	288	303	10
Montreal	11	4	7	0	259	321	8
Winnipeg	11	2	9	0	224	333	4

WEST DIVISION

Calgary	11	9	2	0	346	268	18
Saskatchewan	11	8	3	0	354	258	16
B.C.	11	7	4	0	301	280	14
Edmonton	11	2	9	0	259	301	4

Friday's game — All times Eastern
Edmonton at Winnipeg, 8 p.m.
Saturday's games
Montreal vs. Hamilton (at Moncton), 4 p.m.
Toronto at Calgary, 7:30 p.m.
Sunday's game
B.C. at Saskatchewan, 4:30 p.m.

NFL

Thursday's game — All times Eastern
Kansas City at Philadelphia, 8:25 p.m.
Sunday's games
Tampa Bay at New England, 1 p.m.
Green Bay at Cincinnati, 1 p.m.
Cleveland at Minnesota, 1 p.m.
Houston at Baltimore, 1 p.m.
San Diego at Tennessee, 1 p.m.
N.Y. Giants at Carolina, 1 p.m.
Arizona at New Orleans, 1 p.m.
St. Louis at Dallas, 1 p.m.
Detroit at Washington, 1 p.m.
Atlanta at Miami, 4:05 p.m.
Indianapolis at San Francisco, 4:25 p.m.
Jacksonville at Seattle, 4:25 p.m.
Buffalo at N.Y. Jets, 4:25 p.m.
Chicago at Pittsburgh, 8:30 p.m.
Monday's game
Oakland at Denver, 8:40 p.m.

MLS

Friday's game — All times Eastern
Colorado at Portland, 10 p.m.
Saturday's games
Vancouver at Montreal, 2 p.m.
Kansas City at Toronto, 4 p.m.
Chicago at Columbus, 7:30 p.m.
D.C. at New England, 7:30 p.m.
Chivas at Houston, 8:30 p.m.
San Jose at Salt Lake, 9 p.m.
Seattle at Los Angeles, 10:30 p.m.
Sunday's game
Dallas at New York, 5 p.m.

Horoscopes

♈ Aries
March 21 - April 20
It is important that you keep your thinking simple today. Don't go confusing people, or yourself, with ideas that are too big to grasp. You are already heading in the right direction.

♉ Taurus
April 21 - May 21
You must not compromise your position, no matter how much pressure you may be under from those you work or do business with. Stay calm and simply refuse to budge.

♊ Gemini
May 22 - June 21
You may be tempted to push ahead with a project you know friends and family are unlikely to agree with, if only to remind them that you are in charge. But is it worth the bother? The full moon says it's not.

♋ Cancer
June 22 - July 23
You don't have to crack jokes every two minutes to keep others amused. The moon, your ruler, endows you with a wonderful sense of humour but it should be used sparingly.

♌ Leo
July 24 - Aug. 23
Do you listen to the part of your mind that urges caution or do you listen to the part that says "take a risk"? Only you can decide but be aware that today's full moon could easily make a fool out of you.

♍ Virgo
Aug. 24 - Sept. 23
Partners may be critical of what you are doing but if you are smart, you will listen to what they say today because in among all the wrong-headed comments is one that has a grain of truth in it.

♎ Libra
Sept. 24 - Oct. 23
The more you complain about something, the worse it gets, so take the hint and shut up. It's quite possible that someone is being difficult for no other reason than they enjoy the negative way you respond.

♏ Scorpio
Oct. 24 - Nov. 22
Don't give up on something because it isn't progressing as fast as you would like. It would be a shame to waste all the time and effort you have put into it. Come back to it later.

♐ Sagittarius
Nov. 23 - Dec. 21
The full moon warns you could find yourself caught in the middle of someone else's war. There is no right side or wrong side in this dispute, so steer clear. It's not your fight.

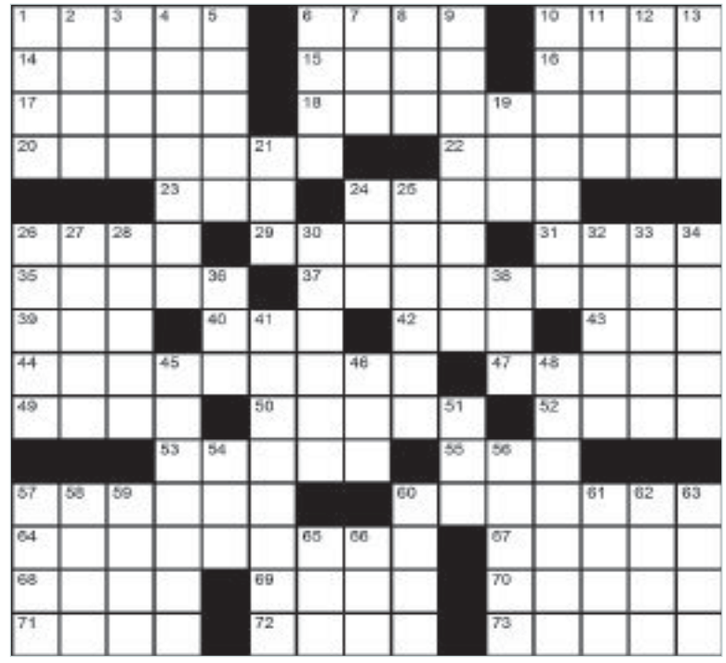
♑ Capricorn
Dec. 22 - Jan. 20
It's unlikely you will achieve much over the next 24 hours, so don't push too hard. Even a Capricorn needs to recharge their batteries once in a while, so plug in to the full moon and fill up on lunar energy.

♒ Aquarius
Jan. 21 - Feb. 19
No matter how confident a friend sounds, you are advised not to be taken in by their latest big plan, especially if it involves your money in some way. There can be only one loser.

♓ Pisces
Feb. 20 - March 20
The moon is full in your sign today, which is good in some ways and not so good in others. You will be more active and ambitious but watch out you don't lose touch with reality. SALLY BROMPTON

Crossword: Canada Across and Down

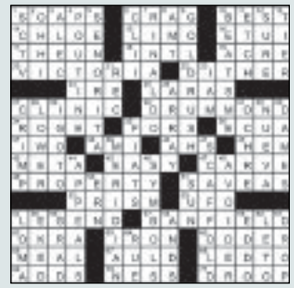
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Mr. Lundgren of "Rocky IV" (1985)
6. Cartoon co-star of Phineas
10. US state
14. DeanMartin's "That's __"
15. Succulent plant
16. _, __ Jury (Mickey Spillane novel)
17. Revolving mechanism
18. Newfoundland seafood delicacy: 2 wds.
20. Bilingual community of Winnipeg, St. __
22. Overly long sentences
23. Actress, Lucy __
24. Literary genre
26. Celebrity
29. Welcome
31. Bit of jazz
35. Articles
37. 'O' of TSO (Classical music!)
39. Gr. Neil Young joined
40. Howe'er
42. PC 'key'
43. Have a bug
44. Miner hats attachments
47. Farm mounds
49. Naturalness
50. Skin products giant
52. Ancient harp
53. "Star Wars" (1977) role, Darth __
55. Mr. Linden
57. TV show
60. Asks to the party
64. Some of a Tim Hortons 'double double': 2 wds.
67. Dionne Warwick's "_ __ _ Little Prayer"
68. Same: French
69. To __ it may concern...
70. Old tales
71. "__ bien!"
72. Puppy bites
73. By _ __ (How close races are won)

Down
1. "Oh, fudge!"
2. 1847 Herman Melville story
3. J.R.R. Tolkien trilogy, commonly
4. Something to be solved
5. "__ _ stand, head in hand..." - The Beatles
6. Datum
7. "Turn to Stone" gr.
8. Mr. Stewart
9. Becomes engaged, 1800s-style
10. 'Find Fabulous For Less' store in Canada
11. "Let __" by Luba: 2 wds.
12. Cast out
13. So-so grades
19. 'Danger' suffix
21. Floor covering
24. For each
25. Withdraw from a court case
26. Archival 'sheet' at the library
27. Between harbours: 2 wds.
28. Ms. Suvari's
30. Dorm sharer
32. Po River locale
33. Skillet user, variantly
34. Bogus
36. Letters on a Cardinals player's baseball cap
38. Wane
41. Like intricate details on haute couture garments
45. Gadgets
46. TV's modern-day VCR
48. Sackville, NB's Mount __ University
51. "Kung Fu" actor, Philip __
54. __ Lingus (Ireland's flyer)
56. "Canadian Idol" Season 4 champion, Eva __
57. Charge card printout, briefly
58. Water carrier
59. Ancient empire
60. Belief systems
61. Root vegetable
62. Optometrist's study
63. Mailing request, commonly
65. Sushi tuna
66. Floor cleaner

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5		8				7		6
2		6		3		9		8
			6		5			
		4	5		9	3		
		5	4		8	1		
			9		2			
1		2		5		4		7
8		3				5		1

Yesterday's Sudoku

1	7	8	9	2	3	5	6	4
4	9	6	6	7	1	2	3	8
2	3	5	4	5	6	9	7	1
7	2	1	8	9	4	3	5	6
8	4	3	2	6	5	7	1	9
6	5	9	3	1	7	4	8	2
9	6	7	1	5	2	8	4	3
3	1	2	7	4	8	6	9	5
5	8	4	6	3	9	1	2	7

Today 15°/2° Sunny
Friday 19°/6° Sunny
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